



TOWNSHIP OF NORTH BRUNSWICK
DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

SENIOR CENTER

15 LINWOOD PLACE
NORTH BRUNSWICK, NJ 08902

Tel.: (732) 418-2222

Fax: (732)-418-3665

Website: WWW.NORTHBRUNSWICKNJ.GOV

Transportation Information

You must be PRE-REGISTERED and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services. Contact the Senior Center office to register.

The transportation service is provided by **Roundtrip** using LYFT vehicles. The cost of this program is subsidized by the Township.

- You will need to prepay for your rides (\$25 minimum). Forms are available at the Senior Center, 15 Linwood Place. You can mail in your payment or pay at the Senior Center. Contact the Senior Center office at least 2 days in advance to set up an Appointment: 732-418-2222.
- Each qualified North Brunswick Township senior age 62 & over will complete a passenger data sheet. Returning participants do not need to reapply for the program. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Transportation Program**.
- Rides will be **\$2 EACH WAY** within North Brunswick using North Brunswick Transportation with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be \$1 each way.
- Rides originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going outside of the Township in any direction (up to 10 miles in total travel per one way trip) will be **\$3 EACH WAY**.
- Please call at least 2 days in advance to schedule your appointment at the Senior Center 732-418-2222.
- Weekend and after hours appointments (between 8:30 am –4 pm) can be made in advance through the Senior Center office. For Pick ups after hours call 877-396-8080.

North Brunswick Township Senior Center

Senior Safety Tips for LYFT Transportation

- The Senior Center office will have your driver's personal information (name and photo), and car info (license plate, make, model, and color).
- Before hopping in, make sure the license plate and car make and model match the info from the Senior Center.
- Have the driver verify your name– ask them “Who are you picking up?” Do NOT get in the vehicle until the driver states your name.
- Verify your driver's name with the name of the driver from the Senior Center. Or, you can also ask them to verify your name or destination.
- At night, the Lyft Amp, a colorful device that sits on many driver dashboards, can help you find your driver.
- If you're having trouble finding your driver, feel free to call the Senior Center office at 732-418-2222 between 8:30 am-4 pm, Monday-Friday. After hours call Roundtrip 1-877-396-8080.
- No money should be exchanged with the driver.
- Tipping is optional.



Senior Center Staff

Jessica Zink Supervisor, Senior Citizen Activities
CarolAnn LaBarbera Recreation Leader
Sandee Whitman Keyboarding Clerk 1
Christine Reinson Clerk 1
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Mark Gicherman Building Maintenance Worker

Department of Parks, Recreation, & Community Services

Lou Ann Benson
Director & Municipal Alliance Coordinator
732-247-0922, ext. 475

Important Phone Numbers

Senior Center	732-418-2222
Middlesex County Area Transit (MCAT)	800-221-3520
Municipal Building	732-247-0922
Department of Public Works	732-297-1134
North Brunswick Police	732-545-3200
Emergency	9-1-1

October Senior Sage

North Brunswick Senior Center
15 Linwood Place
732-418-2222 Fax 732-418-3665
Email: TWPNBseniors@northbrunswicknj.gov
Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III
Council President Amanda Guadagnino
Councilman Ralph Andrews
Councilman Bob Corbin
Councilman Bob Davis
Councilman William Lopez
Councilman Carlo Socio

Special Events & News

Flu Shots

Provided by Middlesex
County

Tuesday, October 8th
10 am-12 pm

Bring your Medicare card.

Programs

Halloween Luncheon & Bingo

Thursday, 10/31
12 pm

AARP Driving Course Wednesday, 10/16 & 10/23

Please call Laverne to
register:
732-828-2519

Shopping/Restaurant Trips \$1

Friday, 10/18

Sunny Palace

Monday, 10/21

Red Lobster

Monday, 10/28

Cheesecake Factory

Meals served at the Senior Center are sponsored in part by a grant through Middlesex County. The suggested contribution for lunch is \$4, unless otherwise noted.

Agencies that receive funds under the Middlesex County Office of Aging & Disabled Services Area Plan shall not deny any older person a service because the older person will not or cannot contribute to the cost of the service.

Refund Policy:

In accordance to the Department of Parks, Recreation, & Community services policy— all Senior Center trips & activities are
NON-REFUNDABLE

Any events/programs that have a fee/cost must be paid for and signed up for in the office.

Club Corner

AARP Chapter #3885: If you believe in paying it forward and enjoying yourself, come join the local chapter of AARP! Only those who are members of the national AARP are eligible to join. Dues are only \$10.00 a year.

Join us for trips, parties, speakers, & entertainment. Past activities everyone enjoyed were lunch & concerts at Hunterdon Hills Playhouse, an overnight trip to Cape May, St. Patrick's Day celebrations, and Christmas parties, just to name a few.

Last but not least, join us in raising money to give back to the community to support local organizations & makes lives brighter those less fortunate.

Membership meetings— 1st Monday of every month at 12:30 pm.

For further information about the chapter contact : Rosemarie Kimmell 732-501-3224.

Pioneers: Our motto is “*teamwork and friendship,*” make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st Wednesday of the month at 1 pm. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact Donna Carolan, President, for more information 732-297-4654.

Friends of the Senior Center: The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center. Pat Murphy, President 732-821-5980.

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 9:30—Healthy Bones 9:30— Senior Walker 10:30—Fall Prevention 11:15-11:45— Mat Yoga	<i>2</i> 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Zumba 1– Pioneers Meeting	<i>3</i> 9- Wood Carvers 9:30– Bocce Away 11:15-11:45 Strength & Cardio 12– Lunch \$4/contribution 12:30 -Center Bingo	<i>4</i> 9:30-10 Zumba 9:30– Mike the Barber 10– Exercise w/Donna	<i>5</i>
<i>6</i>	<i>7</i>) **NEW** 9:45-10:30 Exercise with Jill 11 —Chair Yoga 11:30-12:30– Decorative Pumpkin Sale for Gardening Club \$5 12– AARP Hot Dog Lunch 12:30– AARP Meeting	<i>8</i> 9:30—Healthy Bones 9:30– Senior Walker 10-12 Middlesex County Flu Shots 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12– Gardening Club	<i>9</i> 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Zumba	<i>10</i> 9- Wood Carvers 9:30– Bocce Away & Luncheon 11:15-11:45 Strength & Cardio 12– Lunch \$4/contribution 12:30 -Center Bingo	<i>11</i> 9:30-10 Zumba 9:30– Mike the Barber 10– Exercise w/Donna	<i>12</i>
<i>13</i>	<i>14</i> CENTER CLOSED Columbus Day	<i>15</i> 9:30—Healthy Bones 9:30– Senior Walker 10:30—Fall Prevention 11:15-11:45— Mat Yoga 11:45– Coupon Clipping	<i>16</i>) 9:30– Line Dancing 9:30– Mah Jongg 10– Friends Meeting 10:30– Chair Yoga 11:30– Zumba 12:30-3:30 AARP Driving Course (must preregister Call Laverne 732-828-2519)	<i>17</i> 9- Wood Carvers 11:15-11:45 Strength & Cardio 11:45– Lunch \$4/contribution Rutgers School of Pharmacy Opiod Presentation & Brown Bag Prescription Check 1 -Center Bingo	<i>18</i> 9:30-10 Zumba 9:30– Mike the Barber 10– Exercise w/Donna 11:30– Sunny Palace \$1	<i>19</i>
<i>20</i>	<i>21</i> **NEW** 9:45-10:30 Exercise with Jill 11 —Chair Yoga 11– Red Lobster \$1	<i>22</i> 9:30—Healthy Bones 9:30– Senior Walker 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12– Gardening Club	<i>23</i> 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Zumba 12:30-3:30 AARP Driving Course (must preregister)	<i>24</i> 9- Wood Carvers 11:15-11:45 Strength & Cardio 12– Lunch \$4/contribution 12:30 -Center Bingo	<i>25</i> 9:30-10 Zumba 9:30– Mike the Barber 10– Exercise w/Donna	<i>26</i>
<i>27</i>	<i>28</i> **NEW** 9:45-10:30 Exercise with Jill 11 —Chair Yoga 11– Cheesecake Factory \$1	<i>29</i> 9:30—Healthy Bones 9:30– Senior Walker 10:30—Fall Prevention 11:15-11:45— Mat Yoga	<i>30</i> 9:30– Line Dancing 9:30– Mah Jongg 10:30– Chair Yoga 11:30– Zumba	<i>31</i> 9- Wood Carvers 11:15-11:45 Strength & Cardio 12– HALLOWEEN Luncheon \$4/contribution 12:30 -Center Bingo		

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Programs & Trips

Register for trips at the Senior Center

Return Times are Approximate. Please make sure to have proper photo ID on trips.

EXERCISE PROGRAMS!

Mondays

9:45 am-10:30 am Exercise with Jill*
11 am-Chair Yoga with Jaclyn

Tuesdays

9:30 am– Senior Walkers
(sign up at DPRCS office)
9:30 am Healthy Bones
10:30 am–Fall Prevention Exercise Class
11:15 –11:45 am Mat Yoga w/Jaclyn (for seniors who are comfortable using the mat on the floor)

Wednesdays

9:30 am– Line Dancing
10:30- 11:15 am Chair Yoga with Donna
***11:30 am– Zumba ***

Thursdays

11:15 am-11:45 am Strength & Cardio with Jaclyn. Bring light weights if you have them!

Fridays

9:30 am– Zumba
10 am– Exercise with Donna

Hunterdon Hills
Playhouse Trip to
2019 Holiday
Musical! Monday
11/18 at 9:45 am
“The Three Scrooges”
Amazing Dance
numbers! Holiday
Songs!
\$60/person! Bus
sponsored by Friends
of the Senior Center
Sign up!

Clubs

Gardening Club meets on
2nd & 4th Tuesdays
12 pm–1 pm

Mah Jongg – All levels
Welcome!
Wednesdays
9:30 am

Crochet Club
2nd & 4th Monday
1:30 pm